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fresh

ISSUED OCTOBER 2007

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ASIAN ESCAPE

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midwinter menus
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Chocolate Dreams
For Valentine's Day
and every day
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Time-Saving Mixes
Try our homemade
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simply good

At Hannaford, sharing our passion for food includes offering over 2,000 natural and organic grocery items, and over 120 organic produce items, that are good for you as well as our environment. You'll find all your mouthwatering favorites to enjoy in their purest form - natural, fresh, safe and remarkably delicious. And they're all created in ways that protect our natural resources and our planet's health...



for the love of food



BAGGAGE

It's Fall, so it's time to pack for the season.
Get it done.

INSPIRING
David Brown
Nate Brown
Mae Ting
I love Fall
I love Fall

THE FRESH COMPASS

INSPIRING

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When you can have anything you want for dinner, how do you decide? After holidays packed with big meals and parties, we might be thinking about what we can't have - when we should probably be thinking about what we can have. We feel like we have to choose between rich and delicious and good-for-you nutrition - but what says they can't be the same thing? That's one of fresh's goals: the point with a healthy dose of great taste.

If you're ever wondered what to special-allow natural and organic, you'll want to check out our interview with Dave Tim, Harvest's natural foods expert. Dave's spent a lot of time developing Harvest's extensive selection of natural and organic foods, so he knows all about what's well in our "For Your Health" section. And our new Harvest's new Guiding Stars program helps you find nutritious food choices while you shop. Let the stars be your guide. And while the research leaves doubt over the regular stuff, we're pretty sure all chocolate is good for the soul. Dig into "My Chocolate Valentine" - a love letter to our favorite heart-shaped holiday.

Elsewhere in the store, check out "Food Board," our primer on home-baked breads like rolls, croissants, and donuts. And "This Is Up" is a modern cheese board, a delicious workday snack designed to help you get dinner on the table in a hurry, but more like you took your time because you really need to know you didn't. We close out, as always, with Tom Hanks and his take on online customer service. Why so good? Take a sip and see.

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customers.

Ron
RON HODGE

President & CEO
Harvest Fresh, Inc.

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I want you to know that I love your magazine. I've been a subscriber to cooking magazines for many years, but I always look forward to spending more than 100¢ on your issue so I can get the latest issue of Fresh in my life! Thanks for the great work.

EMILY HERNANDEZ

Aspen, Colorado

Ed: Thanks for the feedback, Emily! And now you can get the latest volume of Fresh at no charge with a purchase of only \$15.

Hansford has the best price on pork: Just few employees know how to use it. I understand the placement with Asian foods but it makes a great sandwich. Chicken fried steaks, beef stroganoff, and more. Thanks and great job on the magazine.

CLIFF HUNT

East Moline, Illinois

Ed: Thanks for bringing the product to our attention. We plan to use it in an upcoming recipe. We love good Japanese style food. I understand the placement with Asian foods but it makes a great sandwich. Chicken fried steaks, beef stroganoff, and more. Thanks and great job on the magazine.

Love the recipes I get, most of the "summer old" doesn't fit here. I have great ideas for great ideas from fresh!

JENNIE

Island Park, Maine

Ed: It is the case we're made an extra effort to include recipes for some new foods and flavors to get up with the season. Check out "Meats in Minutes" on page 39.

I'm interested in getting food and wine, and I would like to see more information on wine, including whether the wine is dry or sweet.

DONALD SIMONS

New York

Ed: You'll find that information and more, in every issue. In the latest Hansford's Fine Wine Buyer shows his remarkable knowledge

of wine in our regular column "Wine Wise." Discovering "Look for it on page 42."

I've always enjoyed to create original recipes when shopping the Hansford sales. There are always new items offered in a Food Network magazine also which adds to recipe ideas. My daughter, Beth, is becoming quite a cook at age 12. When watching the Food Network, interesting, Hansford's fresh magazine, and cooking alongside my husband, Jim, and me.

HEIDI PROCTOR

Lebanon, Ohio

Ed: Cooking is a great way for parents and children to spend time together. We have the best in magazines of creating something that will be appreciated by the whole family and of course, the hands-on opportunity to put along these all important cooking skills.

We have a summer home in Maine, where I look forward to picking up Fresh magazine when I do my grocery shopping at Hansford. Is there a way to get fresh mailed to me during the rest of the year?

RUTH HAZARD

Greenfield, NH

Ed: We're very pleased that you're enjoying the recipes included in Fresh. At the moment the only way to get a copy of the magazine is to visit local Hansford store. But when you're far from your favorite store, you can still find many of the recipes — and recipes — from each issue at www.hansford.com.

World Loves to Hear from You!

Photos and your comments, suggestions, and culinary musings to feedback@hansford.com or Fresh magazine, P.O. Box 1000, Portland, ME, 04104. Be sure to include your name, address, and daytime phone number. Letters may be edited for length and clarity. To comment on Hansford stores, visit www.hansford.com and click on the Contact Us link at the top of the page. Then select feedback, or call 800-292-8040.

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By Amy Dwyer



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By Kimberly Belgrove



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By Adam Ford



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Visit us online at www.humanafood.com for downloading our recipes, tips, and ideas. Humana's Impassioned® Plan for Health.

ON THE COVER: Adam Clarke Moulton's Indulgences will add flavor and color to your winter. See page 32 for the recipe. Photograph by Francesca Tassell.



A Chocolate a Day Keeps the Doctor Away

That tempting box of chocolate you've been trying to resist may be better for you than you think. Scientists recently have found that **chocolate** is full of antioxidant-rich flavonoids, which can reduce the risk of heart disease. Flavonoids also reduce "bad" (LDL) cholesterol and inhibit the formation of potentially dangerous blood clots. As if that weren't sweet enough to indulge, chocolate raises levels of serotonin and endorphins, which can reduce to a feeling of well-being.

"Wondering which piece to eat is as fun as biting into that heart-shaped box? Researchers advise sticking to chocolate containing at least 70 percent cocoa solids, which means staying away from processed candy bars, where the cocoa content is often reduced to as little as 20 percent. You can have fun and choose by choosing plain chocolate over flavors with additional ingredients like cream."

It's good news for chocolate lovers: You remember that moderation is key — even on Valentine's Day. There's no recommended serving size for chocolate, and those health benefits are best enjoyed when an occasional morsel of rich, dark chocolate is part of a balanced and healthy diet. This is the perfect month to try out some new chocolate recipes (see page 32). Or, come the final part in saving some for February 14.

Ring in a Tasty Chinese New Year

For centuries the Chinese have been starting up a delicious menu at good luck to usher in a prosperous new year. **Chinese New Year**, which begins this year on February 16, is a 15-day celebration rich in food-related traditions and symbolism. Celebrating the occasion can be a great — and fun! — way to explore this fascinating culture. Illustrate Chinese customs, for example, represent the progression of the year: goats, often a symbol of change, are a good omen, oranges signify happiness, noodles symbolize longevity, and fish, shrimp, and meatballs form a symbolic success. Fish is considered especially lucky — the Chinese word for fish is pronounced the same as the word for abundance.

Like Thanksgiving, Chinese New Year is a time for family, feasts, and plenty of food. In fact, it's customary to coordinate your dinner by serving as many dishes as there are guests, and it's good luck to give each dish a good name. (Decorative red-pinked pigs, or dried fruit, sweets, and nuts are ideal for snacking and symbolize good wishes for the coming year.) Read out your celebration by trying the recipes for Water Festival (see page 18).

Remember, eating is a great way to prosper. Instead, eat for joy. The unique shape of the box is a good omen, as well as the bottom as you make it. (It's just as good as the top.) The fish is a good omen, as well as the bottom as you make it. (It's just as good as the top.) The fish is a good omen, as well as the bottom as you make it. (It's just as good as the top.)



Natural, Organic, and Delicious

Hannaford's Dave Hain promotes healthy eating (and brings his work home with him.)

BY CARRIE FINE, FDE PHOTOGRAPH BY CHRIS FORBES CRUKHILL

Today more and more shoppers are choosing all-natural and organic products to support their healthy lifestyles. Hannaford shares this

passion for all the good food.

Nature's Place is always excited to share offering more than 2,000 natural and organic items. This selection means shoppers can find virtually everything on their list in one store. We spoke with Dave Hain, a member of the Growth Strategy team for Natural and Organic, to learn more.

What exactly is Nature's Place?

Nature's Place is our department for natural and organic grocery dairy, frozen foods, bulk foods, tea, wine and supplements, health and beauty care, and cleaning products. It's one part of a well-rounded effort to promote healthy living. Our goal is to bridge the gap between supermarkets and local natural and health stores. We're a mainstream supermarket giving our customers a very good natural and organic selection at a very good value.

What's the most popular organic product in Nature's Place?

Our best seller is organic milk. Organic dairy in general has been an exploding category. In fact, there's been a shortage of organic milk. Our customers are becoming more concerned about antibiotics, hormones and antibiotics that are found in many conventional dairy products. Organic dairy provides a good alternative.

Does that make organic milk a "gateway" product that leads customers into buying organic in other categories?

Organic dairy and produce are easy entry points. People often mistakenly think that organic includes tea, wine, snacks, and frozen

foods. That's not true: natural and organic consumers will purchase non-food products such as cleaning goods and health care items, too.



What are some popular items in the growing aisle?

In frozen foods, some of our top brands are Goodness From Japan, Wawa, and Three Growners. They're convenient, healthy, and quick to prepare — and they taste great. On the supplemental side of the business, our growth has been driven by life, natural dairy food, supplements like fish oils and flaxseed. Our number one product in this category is a fish oil capsule.

Does Nature's Place carry bulk?

Bulk foods are on tap from our grocery

departments. The tea category is by far our strongest seller, with green, and matcha, and fruit teas like yuzu-orange, lemon. Following close behind

are good natural and organic foods of course!

About 75 percent of my family's weekly shopping basket is made up of natural and organic items. With three young boys, we go through a lot of organic milk and soy milk. Other favorites are Annie's macaroni and cheese, American flatbread pizza, and "comfy" yogurt. When it's possible, we choose organic produce and all natural meat items.

Do your kids drink soy milk because you buy it, or because they like it? Most often they eat, when given a choice between chocolate soy milk and regular chocolate milk. They will choose soy milk.

What sparked your personal interest in natural and organic products?

When we started having kids, we wanted to give them foods that we felt were good and as good for them and as low harmful as the alternatives. We kept buying these products because we really do believe they taste better than the conventional alternatives.

How have your responsibilities changed since starting your own role on the Growth Strategy team for Natural and Organic?

As a category manager, I was very product oriented, involved in day-to-day department activities and releases of items. My personal responsibility is helping to determine long-term strategy for our natural and organic products to ensure we remain a ready and growing part of our business. ■



PRUNE SAUCE

MAKES ABOUT 1 1/2 CUPS IN 15 MINUTES
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 15 MINUTES

1. Put dried prunes
2. Cut red wine (such as Pinot Noir) and/or
3. Top: finely cut orange zest
4. Top: finely chopped
5. Top: thick slice onion, such as 1
6. Top: salt

1. Put prunes in a small bowl. Pour wine over prunes and let soak for 1 hour
2. In a food processor or blender, pulse prunes with cooking wine; then combine with orange zest
3. Pour prune purée into a medium saucepan. Heat for about 3 minutes over medium heat, just until prunes are about to simmer
4. Add mustard, wine vinegar, and salt
5. Cook. Use to baste ribs, or serve on the side with cold meats, game, lamb chops, or herb-roasted meats

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
100 CALORIES, 20% CARBOHYDRATE, 10% PROTEIN
50% FAT, 10% CHOLESTEROL, 40% SODIUM
30 FIBER

AMAZING BLEND

MAKES ABOUT 1 1/2 CUPS IN 15 MINUTES
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 15 MINUTES

1. Top: olive oil
2. Cut yellow onion, finely minced (1 small onion)
3. Olive garlic, finely minced
4. Top: minced fresh thyme (1/2 cup) or 1/2 cup dried thyme
5. Top: olive oil
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100. Top: olive oil

1. Mix all ingredients together
2. Use glass to baste steak, ribs, or other meat; every 15 minutes during grilling or roasting

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
100 CALORIES, 20% CARBOHYDRATE, 10% PROTEIN
50% FAT (50% SATURATED), 10% CHOLESTEROL,
50% SODIUM, 10% FIBER

Tara Sherman Trying New Tamas

Tara Sherman, assistant wine manager at Harborside in Hudson, N.Y., loves all about trying new things. Like Michael, Tara acquired a love of cooking as a child, when she helped with her mother and grandmother. "I wanted well-prepared foods," Tara says. "There, so I got to know ingredients. I would experiment."

When she's creating original recipes, Tara makes combinations to learn what she will, together. She also keeps an eye on what's plentiful in the Produce Department. The key to many of her recipes is using seasonal fruits and vegetables. For example, she says, "You can add fruit to any coffee cake."

Tara's baking experiments have made her very popular with her customers. For

often, brings in new, exotic, like Sweet Potato Pie, Plum Upside Down Cake, Espresso Cupcakes, and "Tara's" Cupcakes for everyone to enjoy.

If she hadn't been open to trying new combinations, Tara says, those treats might never have made it into her oven. Her advice to other cooks is not to be wary about making mistakes. "Don't be afraid to start a fire in your kitchen," Tara says, with a laugh. "Baking made will just start."

"TARA'S" CUPCAKES

MAKES 12 CUPCAKES
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 30 MINUTES

Note: Total time is 30 minutes shorter if you have two people; this person bakes them all alone.

Taramisu is traditionally made with eggs or soaked ladyfingers, macerated cheese and sweet Marsala wine. Tara incorporated these flavors into her cupcakes. If you don't have brewed coffee on hand, dissolve 2 tsp instant espresso or coffee in hot water. (Macerated cheese can be found in the cheese case of the Deli Department.)





ESPRESSO CUPCAKES

Cakes

- 1. 34-28 sq (2) into white cake mix
- 1% cup espresso or strong coffee
- 1. 1/2 cup sugar

Topping

- 1. 1 cup whipping cream
- 1/2 cup confectioner's sugar
- 1/2-1/3 cup cream cheese softened
- 1/2-1/3 cup chocolate chips
- 1/2 cup fine chocolate shavings
- 1. 1/2 cup white chocolate chips
- 1. 1/2 cup white chocolate chips
- 1. 1/2 cup white chocolate chips

1. Preheat oven to 325°F. Place paper baking cups into muffin tin cups. Spray baking cups with nonstick cooking spray. You'll need in either case this pan or prepare this pan this way.
2. Prepare cake mix according to package instructions. Pour batter into prepared baking cups; you should have enough batter for 24 cupcakes. Bake cupcakes at 325°F according to instructions approximately 18 to 20 minutes.
3. In a mug or small bowl, mix espresso

with sugar. Place 1 tablespoon of or several layers of paper towels under a wire rack and transfer cupcakes to rack. Press surface of each cupcake with a toothpick three or four times. Drizzle 1 tbsp espresso over each cupcake. Allow cool before frosting.

4. While cupcakes cool, prepare topping. In a large bowl, beat whipping cream, adding confectioner's sugar slowly until stiff peaks form two sides and keep refrigerated.

5. In a medium bowl, combine cream cheese and confectioner's sugar. Use an electric mixer on low speed to mix just until blended. Add Marsala wine and beat until smooth.

6. Fold reserved whipped cream into cheese mixture. Spoon mixture into a plastic bag and make a 1/2 inch cut in the corner. Pipe topping onto each cupcake. Sit about 1/2 cup cream and sprinkle 1/2 cup ground chocolate onto each cupcake. Store in refrigerator covered.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 12G CARBOHYDRATE, 2G FIBER, 12G FAT (6G SATURATED), 10G CHOLESTEROL, 17MG SODIUM, 1/2 SUGAR.

ESPRESSO CUPCAKES

MAKES 24 CUPCAKES

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR, 30 MINUTES

These light and airy cupcakes are like mini sponge cakes — they have no added fat other than the egg yolks and all the leavening comes from the eggs. This technique of filling chocolate cupcakes first with sugar helps ensure even baking.

Cake

- 1/2 cup cake flour
- 1/2 cup sugar (baking)
- 1/2 cup eggs, whisked
- 1/2 cup espresso or strong coffee
- 1/2 cup vanilla extract
- 1/2 cup oil

Topping

- 1. 1/2 cup, 1/2-1/2 cup
- 1. 1/2 cup, 1/2-1/2 cup

1. Preheat oven to 325°F. Place paper baking cups into every other cup of a cupcake tin. Spray baking cups with nonstick cooking spray and fill each remaining cup with 1/2 cup water.

2. In a medium bowl, using a whisk, combine coffee first with 1/2 cup of the sugar.

3. In a large bowl, mix 1/2 cup of the sugar and egg yolks at high speed until thick and very pale; about 5 minutes, scraping down sides often. Add espresso, vanilla extract and oil to mixture and beat at low speed until blended. Add flour mixture and beat scraping down sides until blended.

4. In a separate bowl, with very clean beaters, beat egg whites at high speed until stiff peaks appear. Gradually add remaining 1/2 cup sugar and continue beating until stiff peaks form.

5. Fold a quarter of egg white mixture into egg yolk batter to lighten it, then fold in remaining whites.

6. Use a measuring cup to fill batter into baking cups, filling each just over 3/4 full. Bake about 18 to 20 minutes until lightly golden brown on top. Tops should bounce back and feel dry when you touch them. Cool cupcakes on wire rack. Ripen with remaining batter.

7. While cupcakes cool, prepare topping. In a medium-sized dish, combine milk and dark chocolate. Heat on high for about 30 seconds. Heat six small chocolate melts and microwave in seconds.

8. Dip tops of cupcakes into chocolate, spreading topping thinly with a spatula if necessary. Let stand about 15 minutes before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 200 CALORIES, 12G CARBOHYDRATE, 2G FIBER, 12G FAT (6G SATURATED), 10G CHOLESTEROL, 17MG SODIUM, 1/2 SUGAR.

It's hope you'll send to share your own favorite recipe. It's easy — just email recipes@pittsburghpost.com.

Asian Sensations

Start up the Chinese New Year with something different in the kitchen.

BY KIMBERLY MARONE PHOTOGRAPHY BY JAMES LO TOMLIN

Happy New Year! Mid-February gets a lot more interesting when you join the millions of people worldwide who welcome the Lunar New Year, marking this year on February 18. In China, the celebration lasts 15 days, begin-

ning with a new moon and ending with a full moon. Customary traditions mark each day, including red envelopes filled with good luck money (dingos) and the fireworks and special-dishes.

Homestead Inspirations® products are

an easy way to add taste, Asian flair to your dishes. Homestead Inspirations® Sesame Ginger Stir Fry Sauce, Sesame Minced Dip, and Minced Grilling Sauce capture popular Asian flavors, and any of them will make a delicious quick meal perfect with Homestead Inspirations® Ginger Beef Teriyaki Taps or Chicken Tenderloins.

Do start your own Chinese New Year traditions with our three easy and delicious Asian inspired dishes. Asian Chicken Noodle Salad dressed with Homestead Inspirations® Ginger & Carrot Vinaigrette is a winner with both kids and adults. Teriyaki Shrimp Hot Pot, big bowls of food brimming with noodles and shrimp, is also likely to become a family favorite.

Homestead Inspirations® Roasted Red Pepper spread makes the Hot and Sour Tofu Stir Fry a colorful mix of veggies and bread rolls. Add a quick dinner of tangarons and lettuce cookies, and you have a complete meal that's perfect for the New Year, or anytime. And don't forget the chopsticks.

ASIAN CHICKEN NOODLE SALAD

serves 4

ACTIVE TIME: 40 MIN/10

TOTAL TIME: 40-45 MIN/10

Homestead Inspirations® Ginger & Carrot Vinaigrette makes this light yet filling salad bright and refreshing, the perfect way to perk up winter days, and make everyone's appetite.

1. In a bowl, combine chicken breast, chicken of choice, lettuce
2. or roasted spaghetti or Chinese egg noodles
3. portions, white, straight green, peas, only (only sliced)



INSPIRATIONS

- 5 egg-matched garlic from the Freshen Department's prepared vegetables section
- 1 egg white yolk, shrimp removed, cut in the diagonal into 1-inch pieces
- 1 packing cucumber, seeded and chopped
- 4 egg Haru-haru Inspirations Ginger & Garlic Vinaigrette Asian-Style Salad Dressing

Notes: If using egg noodles, add extra chicken for cooking for 8 minutes; cook 5 minutes more.

1. Put a large pot of water on the stove and bring to a boil over high heat. Cut each chicken leg in one-third pieces.
2. When water is boiling, break up—

ghost noodles in half and add to pot. Add chicken pieces. Boil until spaghetti is al dente (about 11 to 15 minutes), stirring occasionally.

3. While spaghetti and chicken are cooking, wash and prepare vegetables. In a large mixing bowl, combine cucumbers, carrots, snow peas, and zucchini. Toss with Haru-haru Inspirations Ginger & Garlic Vinaigrette for salad.

4. Drain cooked spaghetti and chicken in a colander. Run cold water over spaghetti, and chicken until both are cool and chicken can be handled easily.

5. Stirred chicken pieces into thin strips. Add spaghetti and chicken to mixing bowl. Stir well to combine, making sure vegetables are evenly distributed.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
PER CHICKEN LEG: CALORIES 400; TOTAL FAT 15g; TOTAL CARBOHYDRATE 35g; PROTEIN 30g; FIBER 10g; SATURATED FAT 5g; CHOLESTEROL 100mg; SODIUM 1,000mg.

TERIYAKI SHRIMP HOT POT

SERVES 4

ACTIVE TIME: 40 MINUTES

TOTAL TIME: 40+MINUTES

This noodle soup is the perfect dish for celebrating the Chinese New Year.

- 5 oil (vegetal)
- 10 lb medium shrimp
- 2 tbsp sesame oil
- 6 scallions, thinly sliced, white and green parts divided
- 2 cloves garlic, finely minced
- 1 tbsp finely grated fresh ginger root
- 1/2 tsp crushed red pepper flakes
- 2 (34.5-oz) cans low sodium chicken broth
- 2/3 cup water
- 1/4 cup Haru-haru Inspirations Teriyaki Marinade
- 1 Tbsp soy sauce
- 4 cups Haru-haru Inspirations Baby Spinach (about 8 oz)
- 2 tbsp toasted sesame oil
- 1 lime, quartered

Notes: If using frozen shrimp, run rapid water over shrimp until they are thawed enough to peel.

1. Cook pasta al dente, according to package instructions. Drain cooked pasta with cold water. Set aside.

2. While pasta is cooking, peel shrimp and remove tails from shrimp. Set aside.

3. In a large soup pot over medium heat, add sesame oil, white part of scallions, garlic, ginger, and crushed red pepper. Cook until aromatic (about 45 seconds). Increase heat to high and add chicken broth, water, scallion marinade, and soy sauce. Bring seasoned broth to a boil. Add





Bread

hot from
the oven,
freshly
baked bread
is a treat
few can resist

By Betty Opperreiter

There's nothing more gratifying than taking your own bread. It's a relaxing and almost therapeutic activity — especially on a cold winter day. And whether you use a machine or make it by hand, it's fun to catch the irresistible aroma and taste of bread that's freshly baked.

Bread Basics

There are two types of breads: quick breads and yeast breads.

Quick breads are so called because you can make them relatively well quickly — unlike yeast breads, they don't have to rise before baking, and don't require any leavening. Quick breads are leavened with baking powder or baking soda.

Tip: Use quick breads just out of the oven and they disappear as barely warm. Heating the fluff and liquid would produce gluten which can toughen quick breads and give the loaf a heavy bottom.

Yeast breads use yeast for leavening, and yeast needs time to grow. The dough must be kneaded and kneaded because gluten must rise given a stretch. Here are four easy steps to a good yeast bread.

1. Properly measure the yeast. When you add yeast to liquid, the liquid should be between 100°F and 110°F (An instant-read thermometer makes it easy to check the temperature — see page 8.)

2. Don't add too much flour — when the biggest, muscle row bread baker makes it you're heavy handed with flour, you'll have dense heavy loaves.

3. Knead the dough correctly. Use "Kneading Know-How" on page 22 for tips.

4. Test, until done. Your instant-read thermometer is especially handy now. Push the thermometer into the loaf (right the end of it is in the center). Test loaf is done at 190°F. If you're filling traps around loaves, the temperature can go as high as 200°F. If you don't have a thermometer, hit the loaf and thump the bottom with your knuckles. When it sounds hollow it's done. (Cover the thermometer in a particular loaf can affect the reading; a thermometer is more reliable.)

Tip: It's easiest to insert the probe through the top of the loaf, but if you don't want to cut the loaf, remove the loaf from the pan and insert it into the bottom — not the end of the loaf or each side will have a hole.

As soon as the bread is done, remove it from the pan and place it on a rack to cool. For best results, let the bread rest for 15 minutes before slicing — if you can keep your bread away from moisture —

One yeast bread recipe can easily be divided into halves to fit your bread machine.

Photographs by Richard Jurek

Board

SLIMING CRABMEAL BREAD

SERVES 8

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 2 HOURS, 20 MINUTES

You can find almost any fish in the baking section near the sea. With the bright flavors of orange, complementing the sweet, succulent, thin-skin bream is perfect for lunch or afternoon tea.

1. Temp: unsalted butter
1. oil or 1 can almond paste
2. large eggs
- PO: eggs in water (10)
3. eggs in water (10) in purple flour
- 4A) fish-baking powder
5. top salt
2. Temp: unsalted wedge
2. top: thin, pressed orange (10)

1. Preheat oven to 150°F. Thoroughly grease an 8½-by-4½-inch loaf pan with butter.
2. In a medium bowl, beat almond paste and eggs with an electric mixer on medium speed. Add orange juice, a little at a time, beating until mixture is smooth.
3. In a large bowl, whisk flour, baking powder, salt, sugar, and orange zest to combine. Pour in almond paste mixture. Stir with a wooden spoon or rubber spatula just enough to combine dry ingredients. Batter should be slightly lumpy. Do not overmix.
4. Pour batter evenly into prepared pan. Bake in 150°F for 30 to 40 minutes or until skinned (temperature reaches 160°F on an instant-read thermometer or until a thermometer is firm and a toothpick inserted in the center comes out dry with a few crumbs clinging to it). Let loaf cool in pan for 10 minutes and transfer to a rack to continue cooling.

AN APPROXIMATE NUTRITIONAL VALUE PER SERVING:
140 CALORIES, 5MG CARBOHYDRATE, 10 PROTEIN,
10.5G FAT (10% SATURATED), 10MG CHOLESTEROL,
40MG SODIUM, 20 FIBER

SKILLET CORNBREAD

SERVES 8

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 30 MINUTES

Whole or ½-lb. (100g) ground cornmeal offers a heartier flavor than degerminated cornmeal. Heating the fat in the skillet greets the quick bread's new crunchy bottom crust. Do not use a nonstick skillet. If you don't have a skillet with an over-sized handle, use a 9- or 10-inch metal pie pan.

1. Temp: butter (100g), shortening (10)
- PO: corn meal (100g), almond
5. Cornmeal (100g) in purple flour
1. top: baking soda
2. top: double-acting baking powder
5. top: salt
2. Temp: unsalted butter
2. large beaten eggs
- PO: corn meal (100g)

1. Preheat oven to 450°F. Grease a 9- or 10-inch skillet with an over-sized handle and put skillet on a hot stove to melt fat and heat pan.
2. In a large bowl, whisk cornmeal, flour,

baking soda, baking powder, salt, and sugar together to combine.

3. In a separate bowl, whisk eggs and buttermilk together and add all at once to dry ingredients. Stir until just combined.
4. Remove hot skillet from stove and pour in batter. Bake for 25 minutes or until golden brown. A toothpick inserted in the center should come out dry with a few crumbs clinging to it.
5. Cut into eight wedges and serve.

AN APPROXIMATE NUTRITIONAL VALUE PER SERVING:
190 CALORIES, 10G CARBOHYDRATE, 10 PROTEIN,
10.5G FAT (10% SATURATED), 10MG CHOLESTEROL,
40MG SODIUM, 20 FIBER

PARMESAN POTATO BATTER BREAD

SERVES 8

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR, 40 MINUTES

Batter breads are made with yeast but are lighter rather than kneaded. Because batter



SKILLET CORNBREAD

bread has only one real trick) and can get done on the table in less than two hours. This heavenly yeast bread is perfect with asparagus, steaks, or salads. We used imported molasses potatoes.

- 1 1/2 cups unsalted butter
- 1 yeast fling or 1 (4-oz.) package active dry yeast
- 1/2 cup warm water (about 100°F)
- 1/2 cup unsifted all-purpose flour
- 1 1/2 cups sugar
- 1/2 cup salt
- 1 dozen garlic, finely chopped
- 1 cup shredded hot potato
- 4 1/2 cups unsalted butter, room temperature
- 1 egg, beaten
- 1/2 cup finely grinded Parmesan cheese
- 1 1/2 cups cold unsalted butter in 1/2-inch dice

1 Thoroughly grease an 8-inch round pan with 1 fling butter.
2 In a large bowl, stir yeast and water to soften. Add flour, sugar, salt, garlic, potato, butter, and egg. Beat vigorously for 5 minutes with either a wooden spoon or a stand mixer (batter is too thick to use a hand-held mixer). Scrape batter into prepared pan.
3 Cover with a tightly woven cloth, such as a dishcloth, and let rise for 50 minutes. After 40 minutes, preheat oven to 375°F. Just before baking, sprinkle surface with cheese and dot bread with cold butter. Bake for 30 to 35 minutes until internal temperature reaches 180°F on an instant-read thermometer. Surface should be golden. Cut into eight pie-shaped wedges. Serve immediately.

APPROXIMATE INTERNATIONAL VALUES ARE GIVEN. ARE CALORIES: 250; CARBOHYDRATE: 40; PROTEIN: 10; FAT: 11; SODIUM: 10; CHOLESTEROL: 10; SUGAR: 10; FIBER: 10.

CRACKED WHEAT ROLLS

MAKES 10 BREAD ROLLS

ACTUAL TIME: 30 MINUTES

TOTAL TIME (INCLUDES 30 MINUTES)

Breads with yeasts and a slight crunch are tender and soaking the cracked wheat



in hot milk keeps the grains tender and softens any hard pieces. Look for bags of cracked wheat at the international aisle with the Greek and Mediterranean foods.

- 1 1/2 cups milk
- 1 1/2 cups medium cracked wheat
- 1 yeast fling or 2 (1/4-oz.) packages active dry yeast
- 1/2 cup warm water (about 100°F)
- 1 1/2 cups vegetable oil
- 1/2 cup honey
- 1/2 cup salt
- 1 to 1 1/2 cups unsifted all-purpose flour

- 1 1/2 cups active dry yeast (about 1/2 cup)

1 Cover medium bowl, cold milk in a medium microwave. Add cracked wheat, stir cover, and let microwave for 5 minutes or until wheat absorbs all the milk. Stir wheat occasionally until warm, rather than hot (about 100°F), about 12 minutes.
2 In a large bowl, stir yeast into water to soften. Add softened cracked wheat and honey salt, and 2 cups of the flour to yeast. Beat vigorously for 2 minutes with a wooden spoon or the paddle attachment of a stand mixer. Gradually add flour

to trap air in the central ducts before the pull away from side of barrel. Therefore, design to a flared neck surface. When barrel closes and goes to inside, will not rotate.

3. Knead dough, adding flour slowly at a rate of needed. (soft dough is smooth and elastic. The dough may stick bowl. Remove one entire ball of dough with oil. Cover with a tightly wetted cloth and let the rest double about an hour. Use one ball, dividing dough with wetted wires.

d) When dough has doubled in size, pour it into a lightly oiled work surface and divide into 16 equal pieces. Round each piece into a ball and flatten the top slightly. Place 1 each upon parchment-lined or well-seasoned baking sheets. Cover with a towel and let rise for 45 minutes.

5. About 10 minutes before taking pictures, turn on GWT. For a soft, even, bright light of each roll with roll. Make for 20 minutes or until desired temperature of rolls is reached.

WDT are an on-line and free service that will be golden on top and bottom. It immediately removes water from leaking channels and can be a risk to prevent water from becoming soggy. Likewise, belts may be frozen in a plastic freezer bag. Before you use, make sure WDT for 5 to 10 minutes.

STRENGTHS OF THE STUDY: THIS STUDY WAS THE FIRST TO
CONDUCT A LONGITUDINAL ANALYSIS OF THE
EFFECTS OF THE 2003 SARS OUTBREAK ON THE
MENTAL HEALTH OF THE GENERAL POPULATION IN
HONG KONG.

© 2000 by Blackwell Publishers Ltd. *Journal of Internal Medicine* 247: 105–112

[illegible][illegible]

© 2000 Blackwell Science Ltd *Journal of Internal Medicine* 247: 161–167

This is a rich, aromatic bread, usually full of fruit complemented by the aniseed and only flavor of honey. As with any loaf, contains egg curry, the flavors become more intense the second day. It's a terrific brunch food. This recipe makes two loaves — enjoy one now and freeze the second one. Or recipe may be halved.

- 10. Is your bank better?
- 11. Do you have a lot of friends who play tennis every year?
- 12. Do you like to drink water instead of coffee?
- 13. Do you like to eat meat instead of fish?
- 14. Do you like to go to the gym every week?
- 15. Do you like to go to the beach every summer?
- 16. Do you like to go to the movies every weekend?
- 17. Do you like to go to the park every day?
- 18. Do you like to go to the beach every summer?
- 19. Do you like to go to the beach every summer?
- 20. Do you like to go to the beach every summer?

[illegible]

1. In a large skillet over medium-high heat fry bacon until crisp. Drain on paper towels. Break into 1/2-inch pieces and cool. You should have about 1/2 cup cooked bacon pieces.





to soften. Add milk, butter, sugar, yeast powder, salt, and 3 cups flour. Let rise again only for 2 minutes with a wooden spoon on the public attachment of a stand mixer. Add frozen banana, apple, cinnamon, and nutmeg and beat to combine. Gradually add more flour 1 cup at a time until dough begins to pull away from sides of bowl. Transfer dough to a floured work surface. Shape loaf clean and cut a vent with oil-soaked

3. Knead dough, adding flour a little at a time if needed, until dough is smooth and elastic. Turn to coat round ball of dough

with oil. Cover with a lightly oiled cloth and let rise until doubled, about 1 hour.

4. Line a baking sheet with parchment paper. Transfer dough to a lightly oiled work surface and divide in half. Shape each half into an oval about 2 inches thick and place on a parchment-lined baking sheet 2 to 3 inches apart. Cover and let rise until almost doubled, about 45 minutes.

5. About 10 minutes before baking, preheat oven to 375°F. Just before baking, brush each loaf with glaze. With a sharp serrated knife or pizza blade, cut three slots about ¼ inch deep across top of each loaf. Bake

30 minutes, or until an oval is deep orange, all bread reaches 190°F on an instant-read thermometer. Surface of loaves will be golden. Immediately remove loaves from baking sheet and cool on a rack. This bread is best served at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
SERVED: 2 (1/2 CUP EACH)
(% DAILY VALUES) *BASED ON DIETARY
GUIDELINES

SAUSAGE AND SPINACH STUFFED CHEESE BREAD

SERVES 6
ACTIVE TIME: 15 minutes (plus 30 minutes
rising, total 45 minutes)

Really a meat or a loaf, this bread has unexpected bursts of cheese that complement the swirl of sausage and spinach.

Dough

1. 1/2 cup milk, or 1 1/2 to 2 package active dry yeast
- 1 1/2 cups warm water (about 100°F)
1. 1/2 cup sugar
1. 1/2 cup salt
- 2 to 4 cups unbleached all-purpose flour
- 1/2 cup (1/2 cup) coarsely shredded parmesan cheese

Filling

- 1/2 cup (1/2 cup) butter, softened
1. 1/2 cup, olive oil
1. 1/2 cup (1/2 cup) parmesan cheese, coarsely shredded
2. 1/2 cup (1/2 cup) spinach, finely chopped
1. 1/2 cup (1/2 cup) sausage, finely shredded
- 1/2 cup (1/2 cup) parmesan cheese, coarsely shredded
- 1/2 cup (1/2 cup) parmesan cheese, coarsely shredded
- 1/2 cup (1/2 cup) parmesan cheese, coarsely shredded

For the pie

1. 1/2 cup (1/2 cup) butter, softened
- 1/2 cup (1/2 cup) parmesan cheese

5. In a large bowl, stir yeast and water to soften. Add sugar, salt, and 1 1/2 cups flour to prove. Beat vigorously for 2 minutes with a wooden spoon or the public attachment



of a small bowl. Add preserved cheese and onion (not contained). Gradually add flour (4 cups is a lot) until dough begins to pull away from side of bowl. Transfer dough to a floured work surface. Wipe bowl clean and coat it with oil, oil reader.

2. Knead dough, adding flour as little as a time if needed, until dough is smooth and elastic. Put dough into oiled bowl. Turn it out onto a ball of dough with oil. Cover with a tightly woven cloth and let rise until doubled (about 1 hour).

3. While dough is rising, prepare filling. Remove sausage from casing and break into chunks. In a large skillet over medium heat, brown sausage (about 6 to 8 minutes). Drain on paper towels. Some brands of Italian sausage are already in their skins — if sausage skin chunks larger than peas' diameter, chop it smaller after browning.

4. Wipe out skillet and add olive oil and onion. Cook, stirring often, over medium-low heat until onions are limp and golden (about 10 minutes). It is very important to cook onions slowly to allow for natural

sugars to caramelize and become sweet. Add garlic and sausage and cook for 2 minutes more. Set aside to cool.

5. Generously grease baking sheet with

1 tbsp of butter. Melt remaining 2 Tbsp and oil reader.

6. Transfer dough to a lightly oiled work surface and roll into an 18 by 12-inch rectangle. Sprinkle surface with onion sausage pepper mixture and spread, leaving an inch free of filling all around edge of rectangle. Roll dough toward the top corner to 15-inch cylinder.

7. Carefully let dough and place it seam side down on prepared baking sheet. Turn ends of loaf under to seal. Cover with a tightly woven towel and let rise for 40 minutes. About 10 minutes before baking, preheat oven to 350°F.

8. Gently brush loaf with second melted butter and sprinkle with Parmesan cheese. Bake 40 to 50 minutes until bread is golden brown and internal temperature reaches 200°F on an instant-read thermometer. Immediately remove from baking sheet and cool on a rack for 10 minutes. Use stored warmth at room temperature. *

ILLUSTRATION: PATRICIA/ART, PHOTO: JEFFREY M. HARRIS/ART, PHOTO: JEFFREY M. HARRIS/ART, PHOTO: JEFFREY M. HARRIS/ART, PHOTO: JEFFREY M. HARRIS/ART

Busy Oppenheimer is the author of five books and two novels. She is also a traveling cooking teacher.

KNEADING KNOW-HOW

Kneading is a bit like making dough balls and balls. It's giving it a quarter of a turn after three or four "rolls." Kneading is rhythmic — long, casual, repetitive. It takes to move the dough systematically. You don't have to knead fast, but develop a tempo like a waltz. It takes a practiced kneader at least 10 minutes to develop the gluten in a good bread's structure. Here's a method of kneading that's different from most, but works well. Round hands across the top of the dough rather than pressing down into it, which causes the dough stick to you and the work surface and requires the addition of extra flour.

If the dough sticks to your hands and work surface, let it rest a while. When the dough with a light sprinkling of flour they a slightly more difficult, but temporary, which lets the dough rest and does the dough. Let the dough rest for five to 10 minutes. During this time, the dough absorbs some of the flour which makes kneading easier.

After the dough has risen transfer it to a lightly oiled work surface to shape it. For easy cleanup wipe the work surface with a wet rag and towel or sponge. That's a minute to give the kneader a chance to settle. Then wipe up the moisture and dry the surface with a paper towel. A general guideline.

—B.O.



sweet satisfaction

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for the love of food

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mix it up

these
prepare-ahead
recipes make
mealtime
a snap

What if we told you that you could easily cut 30 minutes from your cooking time... would you roll your eyes in disbelief? What if we told you that it's possible to sneak more whole grains into your family's diet without being caught? Would your skepticism be at all one bit off? By "mixing things up" ahead of time, you can easily decrease cooking time and incorporate more whole grains into your meals. With these basic recipes, you'll have two

by **Melissa Harty** *mycuisine* • photographs by **Ben Fink**



gum make these soups they will save time on a week-day supper, seasoned, prepackaged ground beef mix and whole grain home-made bean soup. Both items in your pantry and freezer will keep you closer to the Classic Cheeseburger Soup and Wackin' Chicken Pot Pie are only minutes away. A little bit of prep time goes a long way, so the next time your family asks "what's for dinner?" start right here.

Beef fills the bill

Have you ever stood in the Meat Department wondering what anyone would do with a family sized value pack of ground beef? Consider this: Cooking, seasoning, and packaging ground beef ahead of time can make dinner prep super easy as well as save you money — and the recipe potential is endless. One Seasoned Ground Beef Mix fills the bill. It includes, finely chopped onion, fresh garlic, and organic salsa roughly half an hour to prepare and package for future use, and maybe stored in the refrigerator for up to four days or in the freezer for up to three months.

Any slow cooker recipe calling for cooked ground beef is a perfect match for our Seasoned Ground Beef Mix. Soups and stews are a snap — our Classic Cheeseburger Soup is ready in less than 30 minutes. A family pleasing chili or American chop-suey can be pulled together with minimal effort. Seasoned Ground Beef Mix can be used as a base for Sloppy Joes or as filling, apple slices as a juicy topping, or a sausage filling, or a meat ingredient in a thick and hearty meat sauce. We even operate the spaghetti and zucchini are also simple to prepare, or try the ground beef mix as a salad topper in the Beef de Bonn Taco Salad.

beef is better

If you cook for a family, you're probably familiar with the wonders of baking into a (premiere) combo of flour, fat, only, and leavening agents. It concentrates the naturally and manufacturing ingredients and lets you get right to the mixing. But traditional baking mix is made with shortening and whole flour, so it has more saturated fat and less fiber than you might like. Our Better Baking Mix takes advantage of what

100 percent whole wheat flour and cane, or less shortening, made in Canada, were available in Harsco's.

Better Baking Mix has less of preservatives it can be included in breakfast, lunch, dinner, and dinner, except. Our recipe for Banana Berry Pancakes is important but easy and you can also use Better Baking Mix as a base for waffles, loaves, and breakfast egg holes. Classic deep-frozen muffins and rolls become fresher to make. Our Wackin' Chicken Pot Pie is a family friendly dinner and prepared baking mix is an ingredient in some other delicious favorites. Our Better Baking Mix can be substituted in any recipe calling for packaged baking mix.

SEASONED-GROUND BEEF MIX

MAKES 16 CUPS (SEASONED) MIX (ENOUGH FOR 8 RECIPIES) IN 10-15 MINUTES (CHOP ACTIVE TIME) 30 MINUTES TOTAL TIME, 30 MINUTES

Having seasoned and cooked ground beef ready to go can make supper much easier. Feel free to use this ground beef mix for the ground beef.

- 5 lb 85 percent lean ground beef
- 1 large onion, finely chopped (about 1½ cups)



- 6 cloves garlic, finely minced
- 1 Tablespoon oregano
- 1 Teaspoon salt
- 1 cup ground beef, cooked
- 1 Teaspoon onion

- 1 Place half the ground beef in a large pot with a lid. Add onion, flour, Cook and stir until cooked through, about 5 to 10 minutes. Drain beef into a large colander that has been set in a large bowl to collect fat and cooking juices. Transfer cooked meat to a separate large bowl.
- 2 Repeat Step 1 with remaining beef.
- 3 Add ½ cup of the seasoned cooking juices and fat to skillet. Add onion, garlic, oregano, onion, salt, black pepper, and Tabasco. Cook and stir until onion is soft, about 3 to 4 minutes.
- 4 Add onion mixture to ground beef. Mix well to combine.
- 5 Divide seasoned ground beef mix among the food storage containers. Refrigerate or freeze until needed. Defrost frozen mix in the microwave according to manufacturer's directions.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (ONE CUP) (85 PERCENT LEAN GROUND BEEF MIX) (PER 1/2 CUP (85 PERCENT LEAN GROUND BEEF MIX) (PER 1/2 CUP (85 PERCENT LEAN GROUND BEEF MIX) (PER 1/2 CUP (85 PERCENT LEAN GROUND BEEF MIX)

BEF & BEAN TACO SALAD

SERVES 4
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 30 MINUTES

A restaurant style taco salad is easy to prepare when your ground beef is already cooked. This colorful and flavorful salad is an effortless complete meal.

NOTE: Instead of the spices, you can use 1 (1 oz.) pkg. taco seasoning mix. Just add tomato, the onion, and onion.

- 2 Teaspoon onion
- 2 cups Seasoned Ground Beef Mix
- 1 (4 oz.) can tomatoes, with green chilies
- 2 cups chili powder
- 1 cup ground beef
- 1 cup salsa powder





- [illegible]

1 Place water, Seasoned Ground Beef into skillet, and taco seasoning into a large frying pan over medium heat. Cook and stir until well combined and heated through about 10 minutes. Turn off heat and set aside.

2. Divide lettuce among four dinner-sized plates. Top with bell pepper and cucumbers. Drizzle 1 Tbsp. of vinaigrette over each salad. Place 6 chips on the side of each salad. Divide black beans among the four salads and 1 item divide the food. Top each salad with a tomato and soft-shell and some

APPROXIMATE CALCULATIONS BASED ON REPORTED
AND CALCULATED α -CD COEFFICIENTS. THE VALUES
FOR THE [1,3] AND [1,5] LINKS ARE IN PARENTHESES.
1. OTHER VALUES IN THIS

CLINICAL RELEVANCE

[illegible]

1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

1. *Journal of the American Medical Association*, 1997; 277: 1039-1043.

This soup is an all-time favorite that is simple to put together. For fun and variety, offer one or more of the suggested garnishes so people can individualize their bowls, or add your own garnishes. If you like a stronger flavor, use sharp cheddar for the cheese.

1. 100% no. / var. *ambrosioides* (var. *ambrosioides*)
2. var. *ambrosioides*
3. var. *ambrosioides*
4. var. *ambrosioides*
5. var. *ambrosioides*

[illegible]

- 17 cap: Sandy (siltstone) Collyer and Mortimer
Jack Creek, Oregon
- 18 cap: Sandstone Gravelly (silt) 100 ft
- 19 100 ft of 100 ft of siltstone (siltstone)
- 20 cap: low sodium (silt) 100 ft
- 21 cap: 100 ft of siltstone

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- % rapeseed meal/meal
1 average (pink, light and deep)
2 capricious

1 In a soup pot, over medium heat, sauté the shallots, chorizo, onion, garlic, bell pepper, tomato, and pepper. Bring to a low simmer.

2. Turn off heat and stir in 4 cups cheese. When cheese has melted, return heat to medium and add Seasoned Ground Beef Mix, sautéed tomatoes and beef broth. Bring to a low simmer and reduce heat. Casserole is cooked for 10 minutes, serving approximately 10.

2 To serve, ladle into bowls. Garnish each bowl with the remaining cheese and add about 11 dried peas around rim or more of the suggested vegetables.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
AND CALORIES (40g CARBOHYDRATE, 10g PROTEIN,
10g FAT, 0.5g SODIUM) FROM COLESLISTS,
1.5 LITERS SERVING, 10.000g

[Download PDF](#)
[Download PDF](#)
[Download PDF](#)

1. *Journal of the American Medical Association*, 2000; 283: 2686-2692.

[illegible]

Used as escapes from boredom in dessert baking, nut is a handy ingredient to keep in your pantry. One version is made from whole whole wheat flour (also called whole grain white flour), blended with all-purpose flour and trace fat-free shortening. This "butter" baking mix can be substituted for commercially prepared baking mixes.

Notes: Look for dry powdered feces on the bottom, inside.

- 2 cups white whole wheat flour
- 1½ cups all purpose flour
- ¼ cup dry powdered buttermilk
- 2 Tbsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cream of tartar
- 2 tsp. salt
- 1 cup frozen (or fresh) blueberries

2 Add shortening to bowl. Using an electric mixer on low speed, mix until smooth. Scrape down sides of bowl.

about 1 mm long. Silica: well by long even, and circular.

2 Terrorist involved in hijacking was in a sealed storage container. State of bridge for up to six months.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
OF CACIOTEL, TWO CARBONATES, AND BROWN
LIPS FOR THE UNWASHED AND CHOLESTEROL-
FREE REGION IN 1987

WILLIAMSON, CHARLES FOSTER

1000

Abstract

NOTES: 1. FOCUS, SUBJECTS AND OBJECTS OF THE
RESEARCH PROJECT

Chickens of more chicken and vegetables in a cottage often are found with a housewife.

crust, the perfect meal is at hand. Your family will be amazed when you pull this creamy pie out of the oven.

Filling

- 2 Tbsp olive oil
- 1 lb boneless chicken breasts, cut into bite-sized pieces
- 1 tsp freshly ground black pepper
- 1/2 tsp poultry seasoning
- 1/2 cup finely chopped onion
- 1 clove garlic, finely minced
- 1 (16 oz) pkg frozen mixed vegetables
- 3 Tbsp milk
- 1 (12 oz) pkg chicken gravy

Crust

- 1/4 cup butter, melted
- 1/2 cup milk
- 1 egg yolk



1 Preheat oven to 400°F

2 Melt oil in a large skillet over medium heat. Add chicken, black pepper, poultry seasoning, onion, and garlic. Cook and stir until chicken is cooked through, about 8 to 10 minutes. While chicken is cooking, combine crust ingredients in a medium mixing bowl. Mix thoroughly and set aside.

3 Add frozen vegetables to skillet. Stir to combine. Add milk and bring to a simmer. Add gravy to skillet and bring back to a simmer, stirring until well combined. Transfer mixture to an 8 by 8-inch baking pan.

4 Spoon crust mixture over filling and spread in even top of pan. Score vegetables or gravy map pattern through crust.

5 Place in oven with a rack in place and bake until crust is nicely browned, about 40 to 45 minutes. Let cool 10 minutes before serving.

and let cool before heat 10 minutes before serving.

APPROXIMATE NUTRITIONAL VALUES PER SERVING

100 CALORIES, 18% CARBOHYDRATE, 40% PROTEIN, 40% FAT (2% SATURATED), 10% CHOLESTEROL, 10% FIBER, 10% SUGAR

BAKING BERRY PANCAKES

SERVES 4

ACTIVE TIME 10 MINUTES

TOTAL TIME 20 MINUTES

These moist berry-studded pancakes are easy enough for a weekday morning and fancy (and delicious!) enough for a weekend brunch.

- 1/2 cup milk
- 2 ripe bananas, mashed with a fork (about 1 cup)
- 2 eggs, beaten
- 1/2 tsp vanilla extract
- 1 Tbsp sugar
- 2 cups butter, fluffed with a mixer
- 1 cup fresh or frozen wild berries (like our Blueberry Muffins)

Note: If using frozen berries, you may have to adjust cooking time slightly.

1 Add milk, bananas, eggs, vanilla extract, and sugar to a medium mixing bowl. Stir well to combine.

2 Add baking mix and stir well to combine. Batter will be slightly lumpy.

3 Place a griddle or large skillet over no flame heat and grease with cooking spray.

4 Using a 1/2-cup measuring cup, pour pancakes onto griddle. Sprinkle 1/2 cup of berries onto each pancake. Gently press blueberries into pancake. There's enough batter for 8 to 10 3-inch pancakes.

5 Cook 1 to 1 1/2 minutes on each side until golden brown. Serve immediately or keep warm on a plate in a 200°F oven and serve all at once.

APPROXIMATE NUTRITIONAL VALUES PER SERVING

100 CALORIES, 18% CARBOHYDRATE, 40% PROTEIN, 40% FAT (2% SATURATED), 10% CHOLESTEROL, 10% FIBER, 10% SUGAR





CHOCOLATE COOKIES (100g) (100g)

By Julia K. King
Photographs by Julia K. King

My Chocolate Valentine

An intimate dinner à deux... a Valentine's celebration with friends...
a treat for a child's lunchbox... chocolate is our true love



While there's hardly a holiday that can't be improved by chocolate. Heck, there's hardly any day that can't be improved by chocolate!

Some holidays are almost defined by it. Especially Valentine's Day. And what better way to say "I love you" than with a lovingly prepared homemade chocolate dinner?

Cooking with chocolate is easy, especially if you keep a couple of basics in mind. First, because most chocolate desserts are only as good as the chocolate you put into them, choose a chocolate that you like for nibbling. Several dark and milk chocolates have chocolate-flavor profiles that can be described with some of the same words

used to characterize wine or coffee — bristly, earthy, nutty, smoky, and so forth. Buy a few different bars and taste yourself to a taste test to determine your favorite, then use that for making those recipes (a dirty job, but somebody has to do it).

Second, as a base, use an unsaturated chocolate chips for hot chocolate. In order for chips to keep their pretty shape and not become too liquid when melted, they're usually formulated with less cocoa butter than hot chocolate. Since cocoa butter gives chocolate its smooth melting, because quality chips could compromise the texture of your dinner.

Last, it's best not to melt chocolate by itself over direct heat because it can scorch easily. The microwave is ideal for melting

chocolate, as is a double boiler.

Chocolate and striped rice cereal have been a popular couple since Heath introduced the Crunch bar. With their one-two punch of dark and white chocolate, our Two-Tone Chocolate Bars make an undergarbible lunchbox surprise. Charophiles will also enjoy the hands-on second dipping experience of a rich Tasted Chocolate Truffle. Chocolate Bacon semifreddo adds elegance to a romantic meal. The Chocolate-Chocolate Chip Blue Mousse can be a bit of a surprise, since blue, an essentially just pink periwinkle, they can play a double role as both sophisticated dessert and unexpected breakfast or brunch indulgence. What Valentine's wouldn't love to be served breakfast in bed on the special day?

Star System

Follow the Stars for nutritious shopping and cooking

BY KITTIE BRONKHORST, MS, RD



© GETTY IMAGES/ANDREW NEWMAN

Are you eating smart yet? Harvard calls new Guiding Stars nutrition rating system, which debuted last fall, makes it easy to better locate throughout the store that provide the most nutrients. Guiding Stars can help you shop in a hurry by choosing the items that'll quickly compare foods and determine which are the best choices for you and your family. The more stars that appear on the tag, the higher the food's nutritional score—it's that simple.

Our rating system, developed by university nutrition scientists as well as an advisory panel of medical experts and a stream-

professionals, has been used to evaluate more than 27,000 foods in the foods that have star ratings: more vitamins, minerals, fiber, and whole grains, and less of the things that many of us try to avoid—like cholesterol, saturated fats, and added sodium, and sugar. If you don't see any stars, it means that the food doesn't meet our Guiding Stars criteria for nutritional content—or that the food is not used (such as bottled water, space, coffee, oils, and baby food).

Cooking and eating more healthfully are great goals, and using the Harvard Guiding Stars nutrition system can help you get there. Another way to meaningfully step up your nutrition quotient at home

is by learning to substitute other healthy ingredients for those less than beneficial ones—especially when preparing meals. Check our chart on page 7 for some quick and easy substitutions to use in recipes, and then stop by your local Harvard for all the ingredients you'll need for many home-cooked meals.

Make Healthier Substitutions a Habit

The recipes here make creative use of many healthier substitutions in order to boost nutrition without sacrificing flavor. We hope you'll try these winter-warming recipes and be inspired to revise some of your own family favorites. We'd love to hear about your successes.

CHICKEN, RICE, AND BROCCOLI DINNER

Serves 4
Active Time: 15 minutes
Total Time: 40 minutes



This recipe is a good candidate for a slow cooker. Just put everything except the rice in the cooker on low for 8 hours. When the broccoli/chicken mixture is done, spoon over prepared hot rice.

1. Heat oil in a large pot. Add chicken, onion, and garlic. Cook for 5 minutes.
2. Add rice, broccoli, and chicken. Cook for 5 minutes.
3. Add chicken, onion, and garlic. Cook for 5 minutes.
4. Add rice, broccoli, and chicken. Cook for 5 minutes.
5. Add chicken, onion, and garlic. Cook for 5 minutes.
6. Add rice, broccoli, and chicken. Cook for 5 minutes.
7. Add chicken, onion, and garlic. Cook for 5 minutes.
8. Add rice, broccoli, and chicken. Cook for 5 minutes.
9. Add chicken, onion, and garlic. Cook for 5 minutes.
10. Add rice, broccoli, and chicken. Cook for 5 minutes.



BEAN BLAZE • KATE BROWNE

thickened and bubbly about 2 minutes. Remove from heat. Stir to heat and mix in the vanilla extract and blended.

3. Pour glass over warm potatoes. Taste gently to cook. Some warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(16 CALORIES, 25% CALORIES FROM FAT, 10% FROM
FIBER, 10% FROM SUGAR) 100 CALORIES, 10% FROM
FIBER, 10% FROM SUGAR

BEAN AND MACARONI SOUP

SERVES 4
ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES



This substantial soup can be the focal point of a satisfying meal. Just add a thick slice of Homemade Key-lime™ bread and a crisp green salad, and you have a simple supper made for heavy winter appetites.

- PER 1 CUP (1/2 CUP) (1/2 CUP) (1/2 CUP)
- 1 cup sliced sage
 - 2 cups sliced carrots
 - 1 cup coarsely chopped onion
 - 1 cup coarsely chopped celery
 - 1 lb fresh mushrooms, trimmed and sliced
 - 1 clove garlic, minced
 - 2 1/2 qt (1/2 qt) (1/2 qt) (1/2 qt)

Chopped mushrooms with tomato juice

- 1 cup sliced sage
- 2 cups sliced carrots
- 1 cup coarsely chopped onion
- 1 cup coarsely chopped celery
- 1 lb fresh mushrooms, trimmed and sliced
- 1 clove garlic, minced
- 2 1/2 qt (1/2 qt) (1/2 qt) (1/2 qt)

1. Cook mushrooms in olive oil in boiling salted water about 8 to 10 minutes (do not overcook). Drain well and set aside.

2. In a 6-quart soup pot, heat oil over medium-high heat. Add carrots, onion, celery, mushrooms, and garlic. Cook, stirring frequently 5 minutes.

3. Add tomatoes and three juice cups. Stir in celery, black pepper and bay leaf. Reduce heat to medium and cook, covered for 10 minutes, stirring occasionally.

4. Add beans to a colander, allowing liquid to drain and set aside.

5. Add enough water to reserved beans liquid to equal 2 cups. Add beans/water mixture, reserved beans, and reserved tomatoes to soup. Bring to a boil. Cover and simmer until soup is heated, stirring occasionally. Remove bay leaf, serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(10 CALORIES, 25% CALORIES FROM FAT, 10% FROM
FIBER, 10% FROM SUGAR) 100 CALORIES, 10% FROM
FIBER, 10% FROM SUGAR

Kate Browne MS, RD is a freelance writer and cookbook author in Portland, Maine.



Banish Winter Blahs

With bright new flavors

BY CINDY KIRBY FOX | Photographed by ELIZABETH JAMES

Cure the milder of winter: some of the oldest meals that we still so enjoy a few months ago—like beef stew and lasagna—lack a yawn instead of an anticipatory gasp. It's time for an eye-opening full plate change: a veggie (that's nothing like broccoli, cabbage, or peas), a different meat, and extra beans, seasoned with a tantalizing tangy syrup.

The vegetable is tossed with a balsamic vinaigrette that gives your meal an acid kick and holds onto it as you enjoy a bowlful of soup. The creamy tomato comes from the richness of a milder thickening agent you probably have in your pantry: frozen crushed potato flakes. Simple, flavorful garnishes—chopped apple, grated cheese—add a sweet crunch and a melodic note to the soup. You can keep it warm in a covered pot on a back burner while you make the meat.

GET IT READY

Here's the step-by-step plan for this deliciously different meal:

- 1 Cook meat (spicy for sausage)
- 2 Peel and chop vegetables for stock
- 3 Slice fruit. Toss tomatoes with lime juice.
- 4 Heat broth and chop soup vegetables.
- 5 Prepare soup and potato soup-thickener.
- 6 Heat apples, beans and cook duck.
- 7 While duck is cooking, make sauce.
- 8 Remove duck to platter.
- 9 Simmer vegetables for stock, stir in vegetable stock at join.
- 10 Stir in and drain beans.
- 11 Pour beans into serving potter, garnish with lime juice.
- 12 Chop apples and cheese.
- 13 Ladle soup into bowls and garnish.
- 14 Slice duck and place duck and vegetables over beans in bowl.



STYLING BY JAMES, FOX

This meat is duck — yes, no poultry, but it has a taste and texture similar to red meat. Try boneless duck breast and you'll be surprised by how easily it can be prepared on your stovetop. Duck can be pricey, but its rich flavor means modest portions are satisfying, and here it's paired

with the complementary flavors of earthy black beans and sweet potatoes and carrots. Forget complicated cleanup of greasy roasting racks: this is basically a one-dish meal.

For dessert, a mélange of tropical fruits may tempt you to make more during

MEALS IN MINUTES

chicken in the Protein Department. If you're lacto-ovo, burned chicken "ground" for soups and stews glenched from place, which is typical in the area, you might add about 1/2 cup of chicken stock to the soup, which is added by a dish of macaroni and cheese.

"CREAM" OF POTATO SOUP

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 20 MINUTES

This pale green, musically flavored soup is thickened with a secret ingredient — frozen mashed potato flakes — and then topped with chopped apple and chicken shawarma. Then add a secret: milk. Water secret.

- 3 cups low sodium chicken or vegetable broth
- 2 cups water
- 1 large frozen potato soup
- 1/2 medium onion
- 1 tsp minced garlic
- 1 bay leaves
- 1/2 tsp dried oregano
- 1/2 tsp freshly ground black pepper or to taste
- 1/2 tsp salt or to taste
- 1 to 1 1/2 cup instant mashed potato flakes
- 1 apple (preferably Gala)
- 1/2 cup grated cheddar or Parmesan cheese

1. Put broth and water in a large soup pot and heat to a boil over medium-high heat. While broth is heating, prepare it and add

onion. Cut tops off onion, removing heads and roots and core halves. Peel onion and chop both into roughly 1/2-inch pieces, then add to broth along with garlic, bay leaves, oregano and pepper (watch heat to see if you need to add salt; many people are already high on salt). Bring to a boil, reduce heat, cover and simmer about 15 minutes or until vegetables are cooked.

2. Remove bay leaves and discard. Puree soup in a blender or food processor in a smooth consistency or use an immersion blender. Return to pot and add 1/2 cup potato flakes. Add a lot to make it you want a thicker soup. Add chopped frozen flakes. When soup has thickened to your liking, remove pot from heat.

3. Core unpeeled apple and chop into a fine dice. Ladle soup into four bowls. Top each with 1/2 cup apple and 1/2 cup cheese.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
(FOODCHOICE: 100 CALORIES/100g, 100g/100g)
100g/100g (100g/100g) 100g/100g
(100g/100g) 100g/100g

MAPLE SPICE DUCK DINNER

SERVES 4

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 40 MINUTES

This easy-to-prepare meal fits a planer with rich, hearty flavors.

- 2 Tbsp. olive oil
- 2 teaspoons. Maple syrup (1/2 cup) (1/2 cup)
- 1 tsp. black salt
- 1/2 tsp. freshly ground black pepper
- 1/2 cup ground rice
- 1/2 cup. (100g/100g) (100g/100g) Maple Syrup
- 1 Tbsp. maple syrup
- 1 Tbsp. olive oil
- 1/2 cup ground ginger
- 1/2 cup ground coriander
- 1/2 cup. (100g/100g) (100g/100g)
- 2 potatoes
- 1 carrot
- 1 (100g/100g) can black beans
- 2 Tbsp. fresh lime juice



1 Add olive oil to a large heavy skillet and heat over medium-high heat. While you add oil, use tongs to move the skin on each duck breast on the diagonal. Sprinkle salt and pepper on the skin side.

2 When oil is hot but not smoking, place duck breasts in skillet. Skin side down is best. Do not touch for at least 4 minutes; then check to ensure skin is a rich golden brown, almost crusty, and has crisped on its own the pan. Turn duck to cook other side for an additional 4 to 5 minutes while you make the sauce.

3 In a glass jar with a lid, combine orange juice, minced garlic, sprig sherry, ginger, cayenne, and cinnamon. Shake to blend for taste.

4 Once duck is golden brown on both sides, remove to a platter and cover loosely with foil. Pour rendered duck fat into a measuring cup. Measure 1/4 cup of the melted fat and return it to the still hot pan. Peel and coarsely chop parsnips and carrot into approximately 1/2-inch dice. Heat reserved duck fat in skillet and add vegetables, turning to coat. When vegetables are evenly browned, in about 8 minutes, turn heat to medium-low, place duck back on top of vegetables in pan, and pour sauce over duck. Cook for about 5 more minutes and serve, thickens slightly and vegetables are tender.

5 Pour duck breasts into a colander and drain with very hot water to remove excess. Drain and pour onto a serving platter; sprinkle with fresh lime juice. Remove duck to a serving bowl and slice. Top breasts with hot vegetables from pan, arrange duck slices over vegetables, then pour on any remaining sauce from pan. Serve immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(10 CUPS): 260 CALORIES, 15G CARBOHYDRATE, 15G PROTEIN,
20G FAT (10G SATURATED), 10MG CHOLESTEROL,
10MG SODIUM, 10 MG FIBER

TROPICAL FRUIT MELANGE

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES



This lush and refreshing fruit dessert will remind you of rainy summer breezes.

- 1/2 cup water
- 1/2 cup sugar
- 1/4 cup dark rum
- 1 jar sliced pineapple
- 1 ripe mango
- 1 kiwi
- 1 kiwano
- 2 lbs. fresh fruit (see text)

1 In a small, heavy-bottomed saucepan, heat water and sugar over medium heat, stirring until sugar is dissolved (about 5 minutes). Stir in rum; simmer 1 minute

and strain; then heat. Let cool while you prepare the fruit.

2 Arrange pineapple slices on a platter. Peel and slice mango and kiwi and add them to the platter. Peel and slice kiwano in a small bowl; toss kiwano slices in lime juice to prevent browning; then add to platter. Drizzle fruit with rum syrup and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
(20 CUPS): 150 CALORIES, 30G CARBOHYDRATE, 2G PROTEIN,
0.5G FAT (0G SATURATED), 0MG CHOLESTEROL, 0MG
SODIUM, 5G FIBER

Boston-based writer Carolyn Peys, PhD, is a frequent contributor to *Food*.



Wool Socks and Warming Wines

Flannels in the forecast mean that his comfort food time, but don't forget about "comfort wines." Take a bowl of warming soup, wine can warm you up, fill you up, and make you feel good—and they don't have to cost a lot of money.

Comfort wines to drink with comfort foods are generally the lighter fare—less acidic and more. Often they come from warm places like southern Italy, Spain, Portugal, and Australia.

With hearty pasta and soups, try a red from Sicily or other parts southern. **Nero d'Avola** from Puglia (the heel of the boot) is a satisfying wine with dark fruit flavors. Portuguese reds are the people too, and taste like music and more pleasant than in years past.

For all Americans love beef and potatoes, go with a medium-pressed Merlot or Pinot Noir, or try one of the California Merlot wines. **Big House Red** by Henry Jones and **Red Drunk** from Glen

Cullen feature delicious, smooth blends of different grape varieties. Blends from Oregon, such as **Crista de Roca**, have paired well with comfort foods for years.

As Valentine's Day approaches, consider a gift that's sure to be appreciated—and can even be picked up as the last minute. Why not give a bottle of wine?

Good choices include rose Champagne, Pinot Noir from Burgundy, and any of the boutique label Limited Reserve wines you'll find in the window. Here is many of our most. These excellent wines are less expensive than a pricey bouquet of roses, but can be every bit as romantic. To drink with chocolate dishes such as our **Beloved Chocolate Fondue** (page 15). **Black Knight**

Barbours is a great Italian sparkling red dessert wine, with subtle strawberry and raspberry flavors that everybody seems to love.

—Tom Hatten, *Hammond Fine Wine Buyer*



Wine of the Month

a simple way to find a great bottle

Our experts taste hundreds of wines from around the world and handpick their favorites to feature exclusively at Hannaford. The best part—these amazing wines are an exceptional value—only \$ to a bottle or less!

Come discover this month's gems, perfect for sharing with family and friends—but come early 'cause when they're gone, they're gone!

ANGUS GOES ASIAN.

Enjoy a fusion of
flavors with
Hannaford
Inspirations
Angus Beef.
It's the perfect
blend of
hand-trimmed
Angus beef and
exotic Eastern
flavors. Seasonal
meat not included.



Inspirations™



Asian-Inspired Sirloin Steaks

Serves 4

Ingredients:

4 Hannaford Inspirations Angus 16-oz steaks
Asian Inspired Marinade
1 cup fat-free sauce
1/4 cup green onions, thinly sliced with green tops

2 tablespoons fresh ginger, peeled and chopped
2 tablespoons garlic, minced
2 tablespoons fresh lime juice
2 tablespoons rice wine vinegar
2 tablespoons olive oil
1 tablespoon freshly cracked pepper

Directions:

1. In a medium-size bowl mix together all Asian-Inspired Marinade ingredients and well combined.
2. Place steaks in a disposable plastic container pour 1/2 of marinade over steaks and let marinate for 2-4 hours. If time permits add the other remainder of marinade.
3. Preheat grill to medium-high heat.
4. Cook steaks to desired doneness: approximately 6 to 12 minutes for medium rare to medium doneness.
5. Place steaks on top of steamed white rice and drizzle with remainder of unused marinade.



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